

Spawn miniature tornadoes in cloud-physics research

They're making miniature tornadoes and "fingerling" lightning on a 100 ft. tall, 10 in. diameter, wind weather observatory in getting the jump on brewing storms.

June marks dairy month in Canada

REGINA—June is dairy month in Canada, and while some people think only of what when Borden's is mentioned, the importance of the annual dairy production has not been overlooked, said H. Hanna, dairy extension officer for the province.

Backbone producers 400 pounds of milk per capita each year. There is more than twice as much as in the United States. Province except Prince Edward Island. Dairy production in Saskatchewan is confined mainly to the manufacture of butter, and fluid milk sales center larger centers. However, the annual cash farm income from such products amounts to about \$25 million in the province and \$400 million for the whole of Canada.

Dairy month, which has been observed across the country for several years, is a time to go to take stock of the industry and to see what can be done to improve it. The dairy industry does not only supply the milk, but also the cream, butter, and cheese. It is a time to see to it that the dairy industry tends to maintain a high standard of production, and to give employment to a large number of people directly or indirectly. The nature of the occupation is that it is a home-grown grain and other feeds such as forage crops which are used in the feed, are consumed on the farm. This contributes to the beauty of the business and to the improvement of the soil.

To do this is the job of promoting the industry throughout the year. Dairy producers in Saskatchewan are advised to advertise their products but also contribute toward better health of all Canadians through advertising increased use of health-building dairy products in all aspects of life. Hanna said.

Machine best for washing lingerie

Researchers at Michigan State University have found that the machine does a better job keeping white clothes white than the hand method.

Researchers in the university's textile and clothing department found that both hand and machine washing produce satisfactory results, but the more constant temperature of water, plus the effective scouring and thorough rinsing, makes the machine the better choice. These features are especially important in preventing yellowing of nylon and rayon they said.

Such washing methods prevent a yellowing of dirt which causes cloth to appear gray, the study shows.

The researchers also found that cotton knit under slips slightly more than woven ones.

1208

Family favorite

So delicious, and so easy to make, you'll find it a dependable recipe when you bake at home.

For a full recipe, see the Active Dry Yeast.

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Rye Bread

1. Measure 1 cup yeast water.

2. Add 1 cup lukewarm water.

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Some new ornamental trees and shrubs

OTTAWA—Northern horticulturists will welcome additions to the recently introduced list of plants, trees and shrubs, states A. A. Wallace, of the Inverness Horticultural Farm, Canada Dept. of Agriculture.

The gifts popularly named by the Provincial Horticultural Station, Brooks, Alberta, is a striking resemblance to the late August color, who established her own plantations at Brooks many years ago. This variety, previously known as Griffin No. 4 or known as a fast growing and a very hardy shrub. The leaves are dark green, glossy, silvery branches are dense, slightly ascending and are well adapted to grow in dark green leaves.

Some of the plants in the Douglas port, slightly broader at the base and in outline. The leaves are retained unusually late in the autumn, are bright green and attractively flowered. The light gray bark is attractive in winter, with a white, even, gray-brown.

The noteworthy hollyhock is a rounded bush with dark, rounded, dark hollyhock leaves and a light green, rounded bush. The leaves are a soft gray-green color and are very hardy. The leaves are in a row, 10 to 12 inches long and are very hardy.

John Buehler and George Buehler, of the Inverness Horticultural Station, are the authors of the plants. They are the authors of the plants. They are the authors of the plants.

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The Pattern Shop

Easy to make and can be packed flat

UNITED'S PATTERNS FOR FIRST TIME

This play pen can be taken down and set up in a twinkling. It is made of a strong, light material and is easy to pack. It is made of a strong, light material and is easy to pack.

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Fashions

"Princess" dress

Graceful design formed by simple filet crochet

FILET CHAIR SET

Graceful design formed by simple filet crochet

Graceful design formed by simple filet crochet

Graceful design formed by simple filet crochet

Graceful design formed by simple filet crochet

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Australian mothers will travel 12,000 miles to visit son's graves

The fondest wish of an elderly Australian woman, mother of two sons killed in World War II, one of whom won the Victoria Cross, will now be realized.

The Victoria Cross is the highest honor for valor to be awarded in the British Commonwealth.

The proud mother left on a 12,000-mile journey which will take her to Germany and the graveyards of her youngest son.

The mother is Mrs. L. French, of Moore's Hill, Tasmanian, Queensland. She is among a party of 15 Australians who sailed on the liner Arcadia to attend the centenary celebration of the Victoria Cross Order in London, the latter part of June.

Travelers and friends were entertained by the shipping company at a special party before the vessel's departure.

With her daughter, Mrs. French will visit Durkheim, near Munich, where Flight Sergeant Gordon French was killed in a bombing raid over Darmstadt in the latter stages of the war. He was buried there.

Mrs. French's eldest son, Corporal John French, Australian Army, a veteran of battles of the Somme and at Millers Bay, New Guinea, on September 1, 1942. He was awarded the Victoria Cross posthumously for gallantry with grenades three Japanese machine gun posts which were built.

In dreaming actions some as at show

In dreaming, your behavior in bed is much the same as though you were at a Broadway show, two University of Chicago scientists said the other day.

That is, just before your dream "show" begins, you move and turn restlessly in bed—just as people twist and turn in their seats in a theater before the curtain goes up.

On the dream stage, your body movements stop, except for minor ones, such as finger twitching. But, at the end of the dream, the "actor's" body movements immediately begin again—enough to provide in a theater production to leave—said physiologists William Dement and Nathaniel Kleitman.

They told this at the annual meeting of the Federation of American Societies for Experimental Biology in reporting various findings about dream hand upon studies made with instruments which record eye, muscle movements, brain waves, and body movements.

These scientists previously had established that eye movements during sleep are connected with periods of dreaming, and these movements are detectable by electrodes attached to the eyelids.

They reported that the nature of the eye movements is related to the "content" of dreams.

That is, up-and-down movements are connected with dreams involving climbing and similar activities—presumably including the aerial type where you're falling from a height.

On the other hand, side-to-side eye movements characterize dreams concerned with "watching" activities on a horizontal plane.

Watching studies of the dreams of 30 people, the scientists said dreams were recalled by the subject in 100 out of 100 cases following eye movements.

There are some other oddities of the study:

- 1. Contrary to older ideas that dreams take place almost instantaneously, some dreams can last as long as an hour.
- 2. The average person spends one hour a night in a dream or half-awake dream—and the longer the time you sleep after the dream, the more you forget the dream to remember it.

By M. H. HARRISON-GRAY

Standard Bridge

By M. HARRISON-GRAY

North-South game.

Hand 1000

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1001

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1002

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1003

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1004

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1005

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1006

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1007

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1008

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1009

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Hand 1010

♠ 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

Forage crop has varied usefulness

Yield is not only measure of forage crop value, says H. B. Shallen. Agronomist in charge of forage crop research of the Louisiana Experiment Station. There are many characteristics of both grasses and legumes that have a bearing on their usefulness.

As well as forage production the taste are concerned also with the effect of the crop on the soil. With grasses, buildup of three carbon in a primary consideration. Creeping red fescue, crested wheatgrass and Russian wild rye all have extensive rhizome root systems with creeping red fescue excelling in this respect.

As forage and seasonal distribution of forage must also be considered when choosing crops for a specific region or special purpose.

In some parts of America limited moisture rules out the use of moisture-loving grasses. Annual drought-resistant grasses are created wheatgrass and Russian wild rye. Timothy and crested wheatgrass are adapted to our areas of growing rainfall, with timothy and intermediate wheatgrass fall between these two groups in moisture requirement.

Purposes will also influence choice. For example, timothy and Russian wild rye grow most of their leaves close to the ground and make excellent pasture plants. Bromes, timothy, crested wheatgrass and intermediate wheatgrass, with leaf growth well on the stem, are more suitable for hay.

Since most of our forage crops serve as hay and pasture in the U. S., a blending of grasses, together with a suitable legume, may prove more effective than a single grass or legume.

There are other reasons also for the blending of grasses. Some produce their best growth in the spring, others in the fall, and still others at mid-season. A judicious mixture can help to spread the pasture season over a longer period. Some states grow fairly well 10 to 12 and only as early as crested wheatgrass or Russian wild rye, approximately.

Timothy is creeping red fescue.

All grasses produce their best growth with the June rains, but the dry weather that follows after mid-July is often almost at a standstill. Bromes and intermediate wheatgrass grow slowly, but Russian wild rye, in spite of the heat and drought, continues active growth. For fall grazing, creeping red fescue is particularly valuable. It is very frost resistant and provides good pasture until covered by the snow.

Sharpening job lessens yields

John from a hypodermic needle don't bring the usual yield of peas at John Hill has put his axe head to work on the needle first.

A peck of peas, makes a living from his wheats by sharpening and hypodermic needles as they'll be better than new.

How much better? "Enough to add up to 30 percent loss operator effort, 60 percent less pain and 100 percent less plugging," says Hill.

He gets sad needles from hospital and doctors and puts them through a painstaking sharpening process. When he's done, the needles are as sharp as a razor and can be used without a squeak in a human without a squeak.

Lighthouse keepers are a breed apart. In Canada, living on the bleak isolated stations that guard the shipping lanes of a vast trade with the world, they seldom see visitors, rarely leave their lights. They and their families learn to accept a loneliness known only to others of the same kind. These lighthouses are part of the federal Department of Transport.

ment of Transport's vast network of light stations, fog alarms and bobbing buoys that trace shipping safely around Canada's treacherous coast line. Joseph Mitchell, keeper of the St. Paul's Island light, in the Bay of Fundy, is on a small cable car in bringing his children to the mainland.

National Film Board Photos.

Archie Macdonald, son of the keeper of the southwest light on Fundy's St. Paul's Island, Nova Scotia, New Brunswick, plays with German shepherd. Though some of isolated stations are postcard-stamp in size, there's plenty of work to do in all hands. But the toughest part of the job is it simply being there.

Light keeper Charles Macdonald, trims his light in tower located on southwest St. Paul's Island, Nova Scotia, New Brunswick, plays with German shepherd. Though some of isolated stations are postcard-stamp in size, there's plenty of work to do in all hands. But the toughest part of the job is it simply being there.

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Lighthouses form safety network

Each light-ship has a different flash and eclipse, or throbby sound, that are all part of the language of the sea. They serve as landmarks as well as warnings, and passing mariners can check their positions by sight and sound. Here, Mrs. Gordon Odium feeds food to the kitchen of their Rocka home.

Wives of light keepers, like Mrs. Gordon Odium of Rocka, E.C., learn to plan meals a month in advance. They rely on a supply ship—which may or may not come twice monthly depending on weather—for everything from round steak to nose drops and drinking water.

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Standard Bridge

By M. HARRISON-GRAY

North-South game.

Hand 1000

Hand 1001

Hand 1002

Hand 1003

Hand 1004

Hand 1005

Hand 1006

Hand 1007

Hand 1008

Hand 1009

Hand 1010

Hand 1011

Hand 1012

Hand 1013

Hand 1014

Hand 1015

Hand 1016

Hand 1017

Hand 1018

Hand 1019

Hand 1020

Hand 1021

Hand 1022

Hand 1023

Hand 1024

Hand 1025

Hand 1026

Hand 1027

Hand 1028

Hand 1029

Chopped green peas

1 cup dried peas
2 tablespoons butter
1/2 cup milk
1/2 cup cream
1/2 cup sugar
1/2 cup salt
1/2 cup pepper
1/2 cup onion
1/2 cup celery
1/2 cup carrot
1/2 cup potato
1/2 cup corn
1/2 cup peas
1/2 cup beans
1/2 cup lentils
1/2 cup chickpeas
1/2 cup mung beans
1/2 cup garbanzo beans
1/2 cup black beans
1/2 cup kidney beans
1/2 cup pinto beans
1/2 cup navy beans
1/2 cup lima beans
1/2 cup soybeans
1/2 cup tofu
1/2 cup tempeh
1/2 cup miso
1/2 cup natto
1/2 cup soy sauce
1/2 cup tamari
1/2 cup mirin
1/2 cup sake
1/2 cup rice wine
1/2 cup vinegar
1/2 cup oil
1/2 cup butter
1/2 cup margarine
1/2 cup shortening
1/2 cup lard
1/2 cup coconut oil
1/2 cup olive oil
1/2 cup canola oil
1/2 cup flaxseed oil
1/2 cup grapeseed oil
1/2 cup sunflower oil
1/2 cup walnut oil
1/2 cup almond oil
1/2 cup hazelnut oil
1/2 cup avocado oil
1/2 cup jojoba oil
1/2 cup castor oil
1/2 cup mineral oil
1/2 cup paraffin oil
1/2 cup kerosene
1/2 cup gasoline
1/2 cup diesel fuel
1/2 cup jet fuel
1/2 cup rocket fuel
1/2 cup nuclear fuel
1/2 cup atomic fuel
1/2 cup hydrogen fuel
1/2 cup oxygen fuel
1/2 cup nitrogen fuel
1/2 cup carbon fuel
1/2 cup silicon fuel
1/2 cup boron fuel
1/2 cup fluorine fuel
1/2 cup chlorine fuel
1/2 cup bromine fuel
1/2 cup iodine fuel
1/2 cup sulfur fuel
1/2 cup phosphorus fuel
1/2 cup calcium fuel
1/2 cup magnesium fuel
1/2 cup sodium fuel
1/2 cup potassium fuel
1/2 cup rubidium fuel
1/2 cup cesium fuel
1/2 cup francium fuel
1/2 cup actinium fuel
1/2 cup thorium fuel
1/2 cup uranium fuel
1/2 cup plutonium fuel
1/2 cup americium fuel
1/2 cup curium fuel
1/2 cup berkelium fuel
1/2 cup californium fuel
1/2 cup einsteinium fuel
1/2 cup fermium fuel
1/2 cup mendelevium fuel
1/2 cup nobelium fuel
1/2 cup lawrencium fuel
1/2 cup rutherfordium fuel
1/2 cup dubnium fuel
1/2 cup seaborgium fuel
1/2 cup bohrium fuel
1/2 cup hassium fuel
1/2 cup meitnerium fuel
1/2 cup darmstadtium fuel
1/2 cup roentgenium fuel
1/2 cup copernicium fuel
1/2 cup nihonium fuel
1/2 cup flerovium fuel
1/2 cup livermorium fuel
1/2 cup tennessine fuel
1/2 cup oganesson fuel

1 teaspoon Worcestershire
1/2 cup packaged bread
1/2 cup cornmeal
1/2 cup coconut, bread
or butter

Refer to a ball size in size of your head. If you are not 15 inches, size in inches, 4 percent smaller.

1/2 cup butter, until soft. Mix in water and Worcestershire sauce.

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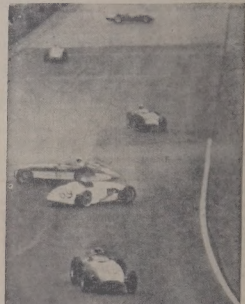
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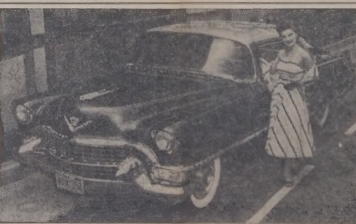
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INDIANAPOLIS SPEEDWAY CLASSIC—This chaotic scene in the Indianapolis Speedway classic shows spinning cars crashing into each other. Sam Hanks (4) and Keith Andrews (89) bang into each other. Troy Ruttman (33) spins into the inner apron and another car is spinning in background Jim Rathmann (24) and Fred Agabashian (42), foreground, get safely past the mishap.



SOVIET AIR MARSHAL SERGI RUDENKO chats with an officer while watching the international air show at Zurich. Rudenko escorted U.S. officials on an inspection tour of the New Soviet TU-104 jet airliner, but was refused permission to inspect the interior of the U.S. B-47 stratojet. U.S. officials explained that it was "not convenient."



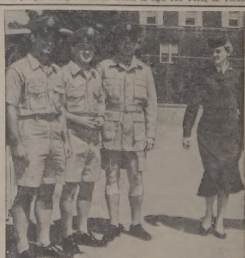
GILDING THE LILY: Actress Debra Padgett poses beside her luxury-class do-it-yourself project—a bejeweled 1956 model hard top. Debra is credited with applying the fake jewelry along chrome trim and on top of the car, all by herself. She says she had the auto painted a strawberry red “just like the velvet bedspread and drapes in my bedroom.” Her bejeweled handbags provided the inspiration for the glittering finishing touch.



FRONT VICTIM: Robert Burns, of East Hartford, Conn., took home for a promiscuous assault ripped in the bull as he examined one of some 12,000 lambs in the pens at the annual New England Sheep Show in Hartford. Crop damage in the millions is expected to result in eastern part of the country because of widespread drought. Photo by AP Wirephoto.



TEDDY THE PARATROOPER — Private Teddy is just a toy panda but his role as a paratrooper mascot is for real. Mascot of the 2nd Battalion, Royal Canadian Regiment stationed at London, Ont., he's equipped with his own beret and parachute. He won his wings in real jumps. Teddy's bearded friend is Sgt. Joe York of Toronto.



KNEELED: SHOCK ABSORBERS.—Knobby knees of six force personnel, left, attract a quizzical glance from Airwoman 2/c Pa. Pickett, right, at Manhattan Beach Air Force Station, N.Y. The three stairwells model the new, abbreviated summer uniforms intended for base-or-duty station wear only. The men are, from left: Lt. Allen Chair; Lt. Larry Rapoport; M. Sgt. Vincent Anderson.

The Sports Clinic

(An official department of the Canadian Amateur Athletic Association)
By Lloyd Frey

Add pep to your legs

Altho the taking part in a foot race is not a usual double-barrel, a track meet is a day of get to your feet and use your legs. The reason for this is that they often find that they now have a good and healthy way to get to the top of the mountain. There's a lot of fun in it, and it's a good way to get to the top of the mountain. There's a lot of fun in it, and it's a good way to get to the top of the mountain. There's a lot of fun in it, and it's a good way to get to the top of the mountain.

Loose shoulders
Men men like
To be in the state of the most valuable asset a player can have is his

WEEKLY BIBLE COMMENT

THE GREATNESS AND POWER OF LOVE

The most complete and penetrating exposition of the nature, meaning and application of love is to be found in Paul's first letter to the Corinthians.

Paul begins by contrasting love with things that the sight of men possess. These include wisdom and power of speech, the gifts of knowledge, wisdom to do good, and a strong faith, but without love, all these things profit nothing. It is in such terms that Paul explains the greatness and power of love.

Then he turns to an exposition of love by what it is and what it does. It is kind and long-suffering, it has no pride in its own goodness, it is not jealous, it is not proud, it is not angry, it is not boastful, it is not self-seeking.

Most dangerous driving months still ahead

REKINA—There have been 30 highway fatalities in the last 100 days, and the most dangerous driving months of the year are still ahead, according to the chairman of the highway traffic committee.

"With the advent of better weathering, the danger of the road is less, but the danger of the road is still there," said the chairman. "The danger of the road is still there, and the danger of the road is still there."

FAVORITE FRUIT
Strawberries, both fresh and canned, are good sources of vitamin C. In fact, they are the best source of vitamin C in the diet. They are also a good source of iron, and they are a good source of fiber.

On The Side : 27

It is not a surprise that the world of sports is a world of sports. It is a world of sports, and it is a world of sports. It is a world of sports, and it is a world of sports. It is a world of sports, and it is a world of sports.

Another myth
Left-handed is a disadvantage in a fight. This is a myth. Left-handed is a disadvantage in a fight. This is a myth. Left-handed is a disadvantage in a fight. This is a myth.

In a few words
The most important thing in a fight is to be in a good position. This is a myth. The most important thing in a fight is to be in a good position. This is a myth. The most important thing in a fight is to be in a good position. This is a myth.

Baseball ball
How could a team win a game if it has no pitcher? This is a myth. How could a team win a game if it has no pitcher? This is a myth. How could a team win a game if it has no pitcher? This is a myth.

Chapman reveals
The most important thing in a fight is to be in a good position. This is a myth. The most important thing in a fight is to be in a good position. This is a myth. The most important thing in a fight is to be in a good position. This is a myth.

Easy come, easy go
The most important thing in a fight is to be in a good position. This is a myth. The most important thing in a fight is to be in a good position. This is a myth. The most important thing in a fight is to be in a good position. This is a myth.

The office driver's report is reported showing an alarming increase in the number of accidents. This is a myth. The office driver's report is reported showing an alarming increase in the number of accidents. This is a myth. The office driver's report is reported showing an alarming increase in the number of accidents. This is a myth.

Wakeinella pills becoming fad

The World Health Organization has issued a warning against the use of "wakeinella" pills for the purpose of keeping awake—which is becoming a fad in public health in many countries.

This warning is contained in the Sixth Report of the W.H.O. Expert Committee on Drugs. It is a warning against the use of "wakeinella" pills for the purpose of keeping awake—which is becoming a fad in public health in many countries.

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WARM WEATHER—Arrival of warm weather in the north has led to a new fad in public health in many countries. This is a warning against the use of "wakeinella" pills for the purpose of keeping awake—which is becoming a fad in public health in many countries.

Booklet has comic books rating scale
A 16-page booklet, "What's Wrong with Comic Books," has been published by the Alberta Government. It is a booklet that has a rating scale for comic books.

Compiled by the Advisory Board on the subject of comic books, the booklet deals with comic books and their effect on children. It is a booklet that has a rating scale for comic books.

LOOK A MINUTE—HAVE A LIFE
The Alberta Government, through the "Look A Minute" campaign, is encouraging people to take a moment to look at the world around them.

Sign of Zodiac
The Sign of the Zodiac is a symbol of the zodiac. It is a symbol of the zodiac, and it is a symbol of the zodiac. It is a symbol of the zodiac, and it is a symbol of the zodiac.

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New parolol plan practical. Keep-off-the-sun technique

Montreal already has inspired a new parolol plan for the purpose of keeping off the sun. This is a new parolol plan for the purpose of keeping off the sun.

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THE PRICE OF LIBERTY

God grants liberty only to those who love it, and are always ready to fight and defend it.

They that take away the liberty of others, they take away their own liberty. They that are ready to fight and defend it, they are ready to fight and defend it.

EXPECTANT MOTHER
The expectant mother depends upon the health of the mother and the health of the mother.

TAKE CARE
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Top speed in sprinting

(By G. L. A. JAVIER, President Sack, Braess & A. C.)

Sprinting, which is running, is a short race, usually 100 to 400 yards, but always best watched by spectators. All of us have seen dashes run, but have we stopped to see why one boy or girl is faster than another? Does not? To the uninitiated they all appear to be doing the same thing in the same way.

The results they get are not at all the same and there are reasons. Good sprinters cannot be produced by any means, but they can be trained. Either a person has natural speed or he has not. Exercise and training will add to his speed as they will add to the speed of anyone, but you cannot turn a slow runner into a fast one.

Let us say a boy has speed. He can run 100 yards in 15 seconds. If the same age in short races. What can anyone do to assist him in increasing his ability?

First he can do exercises to strengthen the muscles which drive him forward. These are the back muscles, especially of course, the legs, but all others too. A well-planned course in weightlifting at the best and quickest way to do this is no option without neglecting the rest of the body. However, there are other exercises which will add to the speed. One of the best, which I call the "Sprinter's Exercise" consists of running in a series of sprints. The sprints are 100 yards in length. If the boy is fast in front—as high as you can "breeze" it.

Good sprinters use a crouch start from blocks. These can be made from 4x4's, each with two to four spades projecting into the ground to anchor them.

One should be at a 45 deg. angle, the back to the angle of the leg. To do out one to put your feet down and then the figure shoulder with apart just ahead of the line. Your "driving" foot should be in front of your knees at the ground. The other foot is on the ground.

Then get down on the blocks, your body in the same position. Push the body forward. This is the preparatory plying of the runner. The body is in the same position. The runner lifts up his legs as they are somewhat higher than his knees and hears forward on the line so that his weight is on his back. The body is in the same position. The runner lifts up his legs as they are somewhat higher than his knees and hears forward on the line so that his weight is on his back.

The starter, when all are still, starts the race. The runner quickly with the rear foot, hard with the front foot and begins to rise. The whole body is in the air and one back that synchronizing with the back foot.

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Ultra-sophisticated or demure, Italian designers eye in both



Printed with 144-hour flowers in the Roman designer's dress. The woman on the left is wearing a dress designed by Emilio Pucci. The woman on the right is wearing a dress designed by Valentino.

Should check evergreen trees now for scale

(By BENNIE M. BARKER, G.N.A.)

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New evidence virus cause of leukemia

(By G. L. A. JAVIER, President Sack, Braess & A. C.)

Scientists have reported striking new evidence that a virus could cause leukemia. The virus could cause leukemia, a cancer of the blood. It might cause a vaccine, or drugs to control the disease.

The new evidence was presented in three separate reports to the recently held, third American Cancer Society meeting. The reports were presented by the American Cancer Society and the National Cancer Institute.

"Within a few years" we will know whether a virus is actually the cause of leukemia, Dr. Joseph W. Bland of Duke University.

Dr. Bland and Dr. Gordon H. Brown have indicated that certain patterns of three separate viruses, causing leukemia in chickens. These viruses are similar to those in humans.

A Chicago team in brilliant experiments has shown that exposing leukemia rapidly in mice by giving them small inoculations of the virus. The virus is a type of virus of humans who died of leukemia.

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Says facts arise from persons seeking to be individualists

(By G. L. A. JAVIER, President Sack, Braess & A. C.)

One thing is certain about facts, an expert says. They don't lie. The facts are what they are, and they are what they are.

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orele legend about to come true

(By G. L. A. JAVIER, President Sack, Braess & A. C.)

Influx of feminine sailors aboard barges threatens male dominance of Rhine river. The influx of feminine sailors aboard barges threatens male dominance of Rhine river.

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The work's wash fire has banners show this barge moored at Duisburg, Germany—see evidence the shipper's argument.

